

**50% of falls**  
happen within  
the home.

By making simple changes  
to your home environment, you can  
reduce your chances of falling.



Te Kaporeihana Āwhina Hunga Whara



**Eyes  
on falls**

Tips for keeping your  
**environment**  
safe and clutter free.

# Glare and reflection

- \* Badly positioned, or too much light can cause glare and affect your ability to see obstacles clearly
- \* Sunglasses and a brimmed hat can help you see better outside on bright days
- \* Some types of light bulbs produce more glare than others – see your lighting shop for advice
- \* Position lights so that you can't see the bulb but it still shines brightly
- \* Use light shades that reduce glare such as up-lighters or paper ball lampshades
- \* Low shine surfaces, secure rugs, and window coverings help reduce glare inside

# Good lighting inside and out

- \* Allow time for your eyes to adjust when coming inside from outdoors
- \* Use the correct wattage light bulbs
- \* Keep rooms well lit - but not too bright
- \* Spotlights for general lighting are not recommended as they leave the surrounding area dark
- \* Ensure light switches are easy to reach
- \* Always turn on the light before entering an area
- \* Two way switches are recommended for stairs, corridors or rooms with more than one entry
- \* Use sensor lights for your outside pathways, front and back door entry
- \* Use night lights in bedrooms, hallways, and bathrooms, have a torch within easy reach of the bed

# Colour and contrast

- \* Outline the top edge of steps and other changes in surface like doorways, corners, coffee tables, etc with bold contrast colour tape to make them more visible
- \* Keep your inside and outside walkways clear
- \* Choose bright colours for furniture, bedspreads, handrails, towels, and any obstacles that can't be moved, so they stand out against their surroundings
- \* Select a toilet seat/cover that is a different colour to the surrounding floor

**Fact:** a 60 year old needs 3 times as much light as a 20 year old